



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

SOLALA - Alles ausser ITEM-HSG

□□: UNI

□□: 516

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:46:07

□□: 11.87 km/h

□□□□: 5:03 min/km

□□□□□: 216 (of 790)

□□□□□□: 6:52:28

□□□□□: 182(of 313)

□□□□□□□: 6:52:28

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:26	46	3:44	59	3:44	4.40	19:33	4:26	1	19:33	1	19:33
Buchlern	13.25		4:00	59	10:10	73	10:10	17.65	1:12:44	4:07	1	1:12:44	1	1:12:44
Uetliberg	6.20		6:01	201	11:48	364	11:48	23.85	1:50:08	4:37	1	1:50:08	1	1:50:08
Felsenegg	5.90		6:39	308	19:18	747	19:18	29.75	2:29:23	5:01	1	2:29:23	1	2:29:23
Buchlern	14.02		4:02	38	8:45	43	8:45	43.77	3:25:56	4:42	1	3:25:56	1	3:25:56
Hönggerberg	11.10		5:19	228	19:58	453	19:58	54.87	4:25:03	4:49	1	4:25:03	1	4:25:03
Irchel	5.10		5:09	177	9:34	313	9:34	59.97	4:51:23	4:51	1	4:51:23	1	4:51:23
Fluntern	6.34		6:02	292	16:31	682	16:31	66.31	5:29:42	4:58	1	5:29:42	1	5:29:42
Forch	11.30		5:20	229	21:41	448	21:41	77.61	6:30:03	5:01	1	6:30:03	1	6:30:03
Egg	8.75		4:44	95	9:15	131	9:15	86.36	7:11:29	4:59	1	7:11:29	1	7:11:29
Zumikon	12.99		5:21	238	22:43	458	22:43	99.35	8:21:11	5:02	1	8:21:11	1	8:21:11
Witikon	6.91		4:31	172	10:17	303	10:17	106.26	8:52:30	5:00	1	8:52:30	1	8:52:30
Fluntern	4.90		5:00	200	8:12	334	8:12	111.16	9:17:01	5:00	1	9:17:01	1	9:17:01
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:09	228	10:27	453	10:27	116.80	9:46:07	5:01	188	2:54:11	229	2:54:11